Students at the Lynchburg Elementary School eagerly anticipate a trip to Lynchburg to visit television station WSET, while there they will tape their part on the Televenture Program seen each Saturday morning Televenture is associated with the BIG BLUE MARBLE Program.

Pamplin

Mr. and Mrs. Horton Miller Southall, Mrs. Maggie Coffey, of Lynchburg, Mrs. A. R. Southall and Mrs. Lizzie Robinson spent Thanksgiving Day with Mr. and Mrs. Billy Southall, of Richmond.

Mrs. Richard Williams returned home last Tuesday from Savannah, Ga.

Mr. and Mrs. Harry Davis, of Richmond, spent last week end with his parents, Mr. and Mrs. Edward Davis.

Mrs. C. V. Wingfield returned Wednesday from Norfolk where she attended the funeral of her cousin, Mr. O. S. Williams, of Norfolk.

Mr. and Mrs. Syd Routh and daughter, Leigh of Potomac, Md. were the guests of her parents, Mr. and Mrs. Gilmer Young, also Mrs. Young's mother, Mrs. Harvy T. Gregory of Monroe.

Mr. and Mrs. Roy Lucado returned Sunday after spending Thanksgiving with their son, Dick Baldwin, and family of Richmond.

Michael Lair of Newport News, is spending several days with his stepmother and stepfather, Major and Mrs. W. W. Wallis.

Matt Lair will arrive from Frankfert, Germany on December 16 until January 4.

Visitors in town for Thanksgiving were Mr. and Mrs. Barry Austin and family, Donna Smith, Ron Morgan of Richmond, Phillip Lucado and Greensboro, N.C., Emily Ann Williams, of Fairfax.

Mrs. C. R. Dickman, of Rogers, Ark., Mr. and Mrs. Kit Dickman of Fargo, N.D., and Scott Dickman of Minneapolis, Minn., have returned home after a visit with Mrs. Dickman parents, Mr. and Mrs. Lloyd Inge.

Mrs. Joe Durney and family, of Danville, spent Sunday with her parents, Mr. and Mrs. Howard Williams.

Mr. Walter Payne returned home last week from Lynchburg General Hospital.

1ST GRADE CLASS CELEBRATED THANKSGIVING — All the students in Mrs. Yvonne Paulette's 1st grade class celebrated Thanksgiving by making turkey hats and making and eating "stone" soup. Each child participated by bringing an ingredient for the soup. Shown in picture are Mike Ferguson, Jodie Kendrick, Ward Sands and Latisha Wooten.

Places 1st In CTP Zone Competition

Johnny Paulette competed in a Certified Training Program sponsored by Foor Motor Company for technicians from 130 dealerships in the Richmond District. Out of approximately 1500 participants, Paulette placed 1st in Zone Competition. He is also competing in District Competition but will not hear results of this test until Spring.

Employed at Lawson Ford, Inc., this is the fifth consecutive year that Paulette has gotten 1st place in Zone Competition and he has his eye on 1st place in the district. He won $125 cash prize money. Paulette has been with Lawson Ford and the Ford dealership for twenty years.

Mens Day At Promise Land Next Sunday

The annual Men's Day program will be held at the Promise Land Baptist Church next Sunday at 3 p.m. The Rev. J. W. Paige and his Men's Chorus will render special services. The president, Deacon William Hancock, will serve as master of ceremony. The general public is cordially invited to attend.

The general public is reminded of the "Three-Way" sermon program to be given at the Mount Shiloh Baptist Church this Sunday evening at 3 p.m. The following ministers will take a part: Reverends J. W. Paige, W. R. Jones and C. L. Elliott. Special music will be rendered by the Silver Grove Gospel Chorus. The public is invited to attend. The program is sponsored by the deacon board of the church.

Impression service was held at the Promise Land Baptist Church last Sunday morning. The pastor delivered a very helpful sermon on the theme: "Setting Life's Values." The local choir rendered beautiful music. All who come out enjoyed the service. Several visitors attended the service.

The local Mount Shiloh Baptist rendered a religious service at the Pine View Nursing Home last Sunday evening at 2 p.m. It was enjoyed by all present.

The next regular meeting of the NAACP will be held at the Galilee Baptist Church on Monday after the second Sunday in December at 7:30 p.m. The local Assembly will hold its regular meeting on Wednesday of the same week.

Mr. Charlie W. Tanner is improving nicely after an operation in the Lynchburg General Hospital.

All officers, members and friends are asked to attend regular preaching service at the Galilee Baptist Church this Sunday morning at 11 o'clock.

All officers and members of the Mount Shiloh Baptist Church are reminded of the regular church meeting on Saturday before the second Sunday in December at 7 p.m.

Local churches are reminded of the annual Hayes Day celebration on next Wednesday at Va. Seminary and College. The program will begin at 9:30 a.m. Each church is asked to send or bring a contribution.

Mr. and Mrs. Richard Davis, of Washington, D.C., spent the week end here as guest of his father, Mr. Tom Davis.

Celebration Honors Six

The evening of November 22, was one of the most wonderful and exciting times of the season for family, relatives and friends. The big event was a birthday party given by Mrs. Janie Almond of Pamplin, in honor of her one and only daughter, Miss Rita Gray Almond, whose birthday was November 23 and for Mr. Chuck Goodrich, a friend of the Almond family, and a D.J. of WTIX Radio Station, Appomattox. Also on the November birthday list were Mrs. Willie Brown, Mrs. Sandra Varner and little Chris Taylor, all of Pamplin, and Mrs. Billy Brown, of Evergreen.

This festive celebration took place at the American Legion Hall, Appomattox, and began at 7:30 p.m. Although many guests were invited less than half showed up for this happy occasion. Due to the fact that some had to leave early because of the many miles yet to travel, the fun games to be played were cancelled.

The dining table was beautifully decorated with a flower centerpiece arrangement of red and pink roses in green foliage and enclosed in a cascading candle holder. It was there a tiny red-bud chose to nestle on a pink rose. The red and green candles, two in the form of turkeys, added its own charm. But above all, the table was graced even more, with all kinds of delicious and tasty food. A big turkey with all the trimmings served as the main course.

The lovely hanging poster, designed by Mrs. Almond was her way of congratulating each of the honored guests as they arrived. The blue lace edging set off the white background along with the pink roses. The happy birthday and names were also in blue. On a table under the poster were two exquisitely decorated birthday cakes, with happy birthday and names of all the November crew. Also a blue candle on each side of the cake.

Useful gifts were received by the honored, and everyone present for the party enjoyed the marvelous dinner, along with the cake. All had a good time just sitting around laughing and talking.

The attending guests other than the birthday gang were Mrs. Myrtle Price, Mrs. Gayle Taylor and sons, Eugene and Butch, Miss Cindy Varner, Mr. Johnny Mays, Mr. and Mrs. Gene Weaver and daughters, Cindy and Tammy, all of Pamplin, Mr. Billy Brown and son, Ben, Evergreen, Mrs. Ava Almond, Mrs. Chuck Goodrich and son, Billy, Mr. and Mrs. Alton Lucado, Appomattox, and Mr. Bernard Adcock, another D. J. of WTTX Radio Station, Appomattox. Also, Mr. and Mrs. Ezra Arthur, Miss Marty Durham and Mr. G. T. Massey of Lynchburg.

One thing to be said for the absent ones is they missed out on a most delicious meal. As for some of those who joined the party that one special evening in particular will always hold sweet memories for many years to come.

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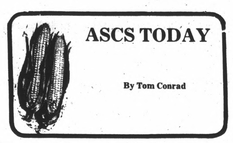

ASCS TODAY

By Tom Conrad

1979 Feed Grain Program Provisions Announced - USDA has announced the 1979 feed grain program that is essentially the same as in 1978. Feed grain producers will be encouraged to remove from production an acreage equal to 20 percent of the acres they plant for harvest in 1979, a percentage identical to 1978.

Corn and sorghum producers will again be offered a 10 percent setaside and a 10 percent diversion program. There will be a 20 percent set-aside program for barley in 1979, instead of a combination set-aside/diversion program.

The incentive to participate in the 1979 program totals $2.30 a bushel for corn and $2.40 a bushel for sorghum and barley. But, the corn target prices will be $2.20, instead of $2.10 a bushel, and the diversion payment will be 10 cents a bushel, instead of 20 cents. The sorghum target price will be $2.30 a bushel, and the barley target price will be $2.40 a bushel.

The 1979 feed grain program will protect producer returns. It is expected to result in a modest increase in feed grain prices, but also to ensure that livestock producers and foreign buyers have adequate feed grain supplies at reasonable prices. It will result in higher export earnings from feed grains, and at the same time, federal spending in fiscal year 1980 should be lower than in 1979.

Wheat, Barley Deficiency Payments: Wheat and barley producers in the county will be receiving deficiency payments under the 1978 wheat and barley set-aside programs in the near future.

Eligible farmers will begin receiving their payment checks in December. There were 68 producers that participated in the wheat program, and 157 in the feed grain program. Corn and grain sorghum deficiency payments will be made in April.

Deficiency payments are computed by multiplying the projected yield for the farm by the acreage planted for harvest times the payment rate. "The payment rate is the difference between the target price and the higher of either the national average loan rate or the four-month weighted average market price received by farmers from June to October." The 1978 target price for wheat is $3.40 per bushel, and $2.25 per bushel for barley. The national average loan rates are $2.35 for wheat and $1.63 for barley.

The payment rate may be adjusted downward by an allocation factor which is determined by dividing the national program acreage by the estimated acres harvested. "The allocation factor will be applied to deficiency payments on farms where producers did not voluntarily reduce their 1978 acreage by 20 percent." The allocation factor could range from 95 to 100 percent for wheat and 83 to 89 percent for barley.

ASCS Elections: Last Friday all eligible voters in the county were mailed ballots for the 1979 Community Committee Elections. You are asked to review the instructions for filling out your ballot and to return them to the ASCS office no later than December 4.

The Appomattox County ASC Committee will meet in the ASCS office on December 8 at 9:30 a.m. to tabulate the ballot. The public is invited to attend.

PRECIPITATION:

Last Week	1.13
This Month	2.90
This Year	37.64

The great violinist Nicolo Paganini occasionally played with frayed strings, hoping they would break so he could triumphantly overcome this handicap.

Eating Well

By Mrs. Barbara L. Morlang, R.D. Ph.D.
State Nutrition Consultant
Virginia Department of Health

Cause of Obesity May Be More Than Calories

Why does a person become obese? The usual answer is that obesity is caused by an intake of calories beyond the need of the body for energy. This statement tends to over-simplify the problems, however. The reasons for obesity are many and complex, and include genetic as well as environmental factors. Eating too much may be a result of family custom of using high-calorie foods, or maintaining irregular habits of eating (which may include snacking all day on sweets).

As we get older we need fewer calories. Many people tend to gain weight throughout life because they fail to adjust their appetites to the reduced energy requirement. Eating may also provide us with psychological support. Often we eat when we are bored, feel lonely, or need an excuse to avoid the realities of life.

At present researchers believe that there may be a connection between overfeeding in infancy, and obesity in adult life. Studies show that dietary patterns developed in infancy are carried throughout life–childhood overfeeding may lead to adult overeating. Another theory is that excess food in infancy may cause the child to produce a larger number of fat cells.

Before going on any diet you should first check with your physician. If you are on a diet and would like to change some of your food habits here are a few tips.

1. Eat at least three meals per day; include some protein food – milk, meat, cheese, eggs – in each meal.

2. Read food labels. Many products list calories per serving on the label. This information will help you select foods which can increase the variety on your diet without adding many calories.

3. Raw vegetables such as carrots, celery, lettuce, green pepper help satisfy an "empty stomach" rather than concentrated calories, such as fat, alcohol, or sweets.

4. Alcoholic beverages stimulate the appetite and should not be as a substitute for foods.

5. Bake, broil, or boil foods without adding fat. Avoid frying foods where possible.

6. Use herbs and spices for seasoning foods rather than fattening cream sauces and gravies. For flavoring foods without excess calories try using Terragon vinegar, lemon juice, lime juice, or horseradish.

7. Use a salad-size plate instead of a dinner plate for meals. It will make your food portions seem larger.

8. Cut food into small bites and eat **slowly!** This will make your food last longer. Even try putting your fork down between bites.

9. After meals drink coffee or tea in a location away from the table. Avoid nibbling after a meal. There is a 20-30 minute delay after eating before you will feel satisfied.

10. Brush your teeth after meals. The leftover taste of food in the mouth can stimulate the appetite.

11. Plan menus in advance. When you grocery shop buy only the items needed. Plan ahead! If you have a big dinner or an evening party scheduled, have a very light lunch, or eat less the day before or the day after. Try, where possible, to select the foods permitted on your diet.

12. If your physician approves, exercise moderately each day.

13. Develop interests that don't involve foods such as sports, hobbies, social volunteer work. Interest, in a new activity can decrease interest in food.

German Advent Service Set For Sun., Dec. 10

A special German Advent Christmas Service will be held at Holy Trinity Lutheran Church, 1000 Langhorne Road, at 5 p.m. Sunday, Dec. 10. The public, students of German, and all German speaking persons living in the Lynchburg area are invited to attend.

The service will be conducted in the German language by the Rev. Dr. Wilhelm F. Bofinger, official representative of the Lutheran Church of Germany in the United States. Dr. Bofinger lives in Washington, D.C.

He studied for the ministry in Marburg and Tuebingen, Germany, and at the University of Chicago. He served as pastor in Wuertemberg, Germany, and was director of a Christian academy in Southwest Africa. Dr. Bofinger is a leading official of the Lathern Church in his native Stuttgart, Germany.

The Sweet Briar College Collegium Musicum, under the direction of Allen Hustis will sing a selection of appropriate medieval music. Dr. Helga Nehrkorn, Professor of German, and a violinist, at Randolph Macon Women's college will play.

Following the service, a social hour of Kaffeeskrinken will be held in the fellowship hall of the church.

German was the original language of a number of the early settlers in the Lynchburg area. The Rev. Paul Henkel conducted services in German at New London as early as 1803.

Virginia Pork Industry Conference And Trade Show

The twelfth annual Virginia Pork Industry Conference and Trade Show will be held at the Quality Inn, Fort Magruder, Williamsburg, Virginia, on December 11-13, 1978. The event will feature speakers who are recognized authorities in their field and is designed to be of interest to those associated with all facets of the swine industry.

The entire Conference is of interest to producers but if an individual can only attend one day - it is suggested that they attend on Tuesday, December 11. Program topics for the eleventh include: Swine Facilities and Ventilation Update, Prof. Bynum Driggers, N.C. State University; The Alfatoxin Problem, Dr. George E. Combs, University of Florida; and Pseudorabies, Dr. Charles Kanitz, Purdue University. A banquet and Virginia Pork Queen Contest will be held on Tuesday night. Outstanding pork producers and individuals will be recognized at an Awards breakfast on Wednesday morning. Also - a producer panel will react on methods and techniques which have given them success.

A thirty exhibit TRADE SHOW is being held in conjunction with the Conference featuring companies and organizations who serve the swine industry. These hail from as far west as Omaha, Nebraska; as far north as New York, N.Y.; and as far south as Dunwoody, Georgia.

To register for the Conference, please send a check for $6.00 to Virginia Pork Industry Conference, Attention: Mrs. Robbie White, 1660 Pocahontas Trail, Quality Inn, Fort Magruder, Williamsburg, Va. 23185. This registration fee entitles an individual to one social, two coffee-cake breaks and several meals. Please register by December 1. Those planning the Conference need to know the approximate number attending in order to plan for seating and meals.

VA Questions And Answers

EDITOR'S NOTE: Following are representative questions answered daily by VA counselors. Full information is available at any VA office.

Q - May a veteran of WWII with a service-connected disability apply for vocational rehabilitation?

A - Yes. VA will provide vocational rehabilitation for a WWII veteran with service-connected disability provided that VA determines that the veteran's disability indicates a need for vocational rehabilitation.

Q - My son draws a VA pension based on his father's death. If he works during the summer, when not attending college, will his earnings affect his pension?

A - No. Under current pension law, earned income is not countable in determining pension entitlement for dependents.

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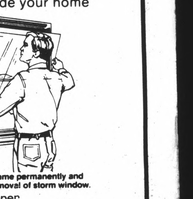

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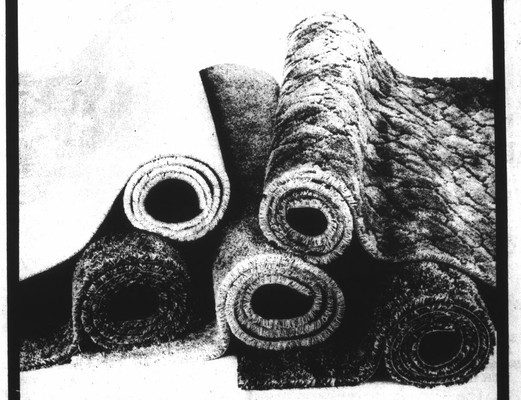

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